

HERO - Self Defense/Martial Arts Training

- ▶ **WHEN:** Every Wednesday Night, 5:30 PM – 6:30 PM
- ▶ **WHERE:** Central Church, 1124 Stevens Drive, Richland, WA 99352
- ▶ (Meet at main entrance - north side of the church)
- ▶ **WHY:** COVID-19 has created a stressful environment for many. This has led to more frequent occurrences of violence at home and in the workplace.
 - ▶ This class teaches:
 - ▶ Self defense techniques (escaping grabs and choke holds, blocking techniques)
 - ▶ Striking, grappling, arm bars, choke holds, other control techniques
 - ▶ Traditional GoJu Ryu kata and bunkai

INSTRUCTOR: Mark Byrnes, San Dan (3rd Degree) Black Belt, GoJu Ryu

Send Mark Byrnes a text at (509) 396-1766 if you plan to attend

No Cost For the Training

